

Mindset Lab : A Pathway to Mastery and Growth



About the Workshop:



This immersive session will delve into the principles of a mindset, a concept developed by renowned psychologist Carol Dweck, which emphasizes that abilities and intelligence can be developed through dedication and hard work.

Participants will learn to identify and overcome fixed mindset triggers, cultivate resilience, and apply growth-oriented strategies in both personal and professional settings.

Who should attend

The Mindset Lab is for individuals and teams who are committed to personal growth, unlocking potential, and driving meaningful change in their work and environments. It is especially relevant for:

- Professionals navigating complex or evolving roles
- People leaders or team managers
- Culture or Change champions
- Growth Minded Individuals

Facilitator:



Anjan Bhowmick, Ph.D.
Managing Partner - The Whitespaces

Upcoming Mindset Lab sessions:

Session	Mode & Location	Seats	Duration	Dates
Session 1	Virtual	25	3 sessions × 2.5 hrs	23 Aug, 30 Aug, 6 Sep 2025
Session 2	In-person / Bangalore	25	1 Day	12-Dec-25
Session 3	Virtual	25	3 sessions × 2.5 hrs	6 Feb, 13 Feb, 20 Feb 2026
Session 4	In-person / Mumbai	25	1 Day	15-May-26

Pedagogy:

The program will utilise a blend of teaching methodologies including -

- **Mindset Profiler™** designed by The Growth Mindset Institute and Carol Dweck
- Case study and/or scenario-based discussion.
- Self-Work and Experience Sharing
- Working on Culture Tools

Goals:

- Explore ways to move in your growth zone, even when you find it difficult or challenging.
- Understand how your meaning-making system works.
- Gain a practical understanding of the two mindsets and their significance in your personal and professional life.
- Investigate the neuroscience of learning and growth.
- Equip participants with tools to overcome fixed mindset triggers and barriers.
- Discover more about your fixed mindset triggers and build insight through self-compassion.
- Implement initial strategies to reduce the impact of triggers.

Workshop Coverage:

1

Section 1: Introduction to Growth Mindset

Principles:

- Foundations of a growth mindset
- Practical assessment and tool to identify and overcome fixed mindset triggers

2

Section 2: Building High-Performance Cultures:

- Strategies to integrate growth mindset into practices
- Overcoming resistance and fostering collaboration

3

Section 3: Leadership in Action:

- Leveraging storytelling to inspire transformation
- Influencing teams and driving impactful outcomes

Registration:

To register for the workshop, please
whatsapp : (M) 9833449949

Contact Information:

Email: support@thewhitespaces.in

We look forward to your participation in this
transformative workshop!



About The India's First Mindset Lab

India's first 'Mindset Lab' (21st February 2025), where industry leaders and professionals came together to explore the transformative power of a growth mindset.

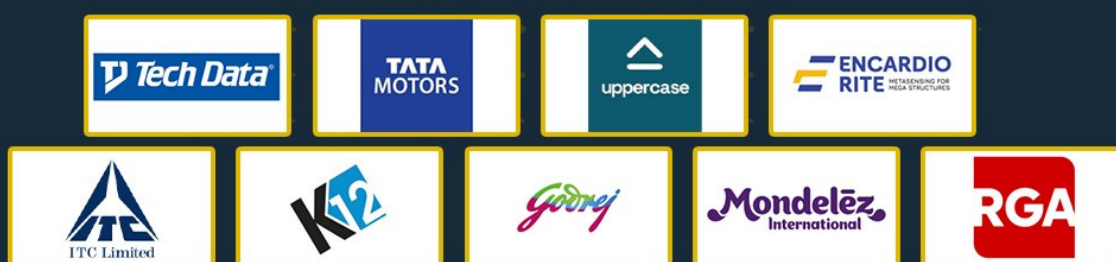
The workshop provided an enriching, thought-provoking experience with deep engagement, insightful discussions, and a collective commitment to breaking limiting beliefs, embracing growth, and leading with confidence. It was an inspiring day of personal and professional growth for all participants.



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PARTICIPATING COMPANIES



About The Whitespaces

The Whitespaces, India's first Talent & OD start-up is dedicated to creating transformative growth opportunities for individuals and organizations. With a focus on organizational practices, learning, coaching, and well-being, they deliver sustainable stakeholder value through talent & leadership development.

We, in partnership with The Growth Mindset Institute is at the forefront of mindset assessment. We design and develop evidence-based approaches drawing on mindset, behavior, neuroscience and social and organizational psychology research for leadership and team development, behavior-based approaches to change and organizational culture. Our innovative mindset assessment tool, the Mindset Profiler™, was developed in collaboration with Professor Carol Dweck, Stanford University and other leading mindset researchers and reached over 250 companies and 80,000 individuals.

We collaborate and work alongside organizations, teams, and people to inspire and enable all to develop potential. learn and grow by graining a developing self, team and organizational knowledge to take intentional action.

Facilitator's Bio



Anjan Bhowmick, Ph.D.
Managing Partner - The Whitespaces

Anjan Bhowmick, Founder and Managing Partner of The Whitespaces, is an influential leader in cultivating human potential for impactful business results. With extensive experience in organizational development and HR consulting, Anjan helps organizations build agile, resilient teams equipped to meet modern business challenges.

Anjan is a Mindset Practitioner with the Growth Mindset Institute and has delivered Culture and Mindset sessions of around 250 hours across EMEA, APAC and the Americas,

In his various roles as Global Vice President - Talent and OD and as CHRO, Anjan has facilitated and designed OD and Talent interventions for executives and senior leaders at all levels within organizations in over 15 countries.